

Man Says He Found the "Inner Peace, Love and Joy" He Needed from Alter Wellness Care

August 28, 2023

August 28, 2023 -
Laguna Beach, California ? A man who turned to Alter Wellness Care for mental health help is praising the staff and experience he found at the outpatient mental health facility in Laguna Beach.

In his recent five-star Google review, Bryan wrote that Alter Wellness Care is ?by far the best mental health treatment center? that he?s experienced, adding that everyone from the admission staff to the therapists and counselors treated him with the utmost care and compassion.

?The staff and facilities are top notch and provided me with all the necessary support and tools I needed to feel the inner peace, love and joy that I had been seeking throughout my childhood, adolescence and adult life,? Bryan wrote.

For people like Bryan who turn to Alter Wellness Care for help, the outpatient mental health treatment center in Laguna Beach offers highly structured clinical programs that provide a combination of interventions

designed to assist people with maintaining and improving their functional abilities. By using an interdisciplinary approach to treatment, customized to the individual, and delivering it in an outpatient manner, Californians are able to get the help they need in a flexible manner that works with their schedule and day-to-day responsibilities out of the clinic.

Several treatment programs are offered at Alter Wellness Care, including an intensive outpatient program (IOP) at two levels: IOP5, which involves an average stay of 40-60 days, group sessions Monday through Fridays, and residing at a sober living house during treatment, and IOP3, with an average length of stay of 30-40 days. People can also choose to be part of the facility?s partial hospitalization program (PHP), which features an average length of stay of 30-45 days and features structured mental health treatment that runs for several hours each day, three to five days per week.

But Alter Health Group?, the company that operates Alter Wellness Care, doesn?t just offer outpatient help. Its network of mental health treatment facilities across California provides the full range of treatment people need to stabilize during a mental health crisis, get residential inpatient treatment, and continue receiving the help they need long after leaving a facility.

Other facilities include Alter Behavioral Health, which operates two inpatient residential mental health and behavioral health treatment centers in Irvine and Mission Viejo; a short-term mental health crisis stabilization center in San Diego that operates as Alter Mental Health; and California Rehab Campus, a top drug and alcohol addiction treatment center in Dana Point.

Alter Health Group? also is known for its work in the virtual mental health field in California. The company?s Mindfuli platform offers virtual mental health therapy, while BeWellLine provides free emotional-support chat and phone helplines for California residents, primarily those who are teens or young adults.

Alter Wellness Care offers highly structured clinical programs designed to provide a combination of interventions focused on maintaining and improving functional abilities through an interdisciplinary approach to treatment.

Prospective clients take a thorough assessment for the appropriateness of treatment and level of care prior to admission. Clients needing acute mental health care are referred to appropriate facilities/ inpatient hospitalization. Individuals found acceptable for treatment at their facility will be admitted immediately or placed on a waiting list pending an open bed at one of their transitional living houses. Once a client is admitted, the assessment continues during the intake process and is completed by the assigned counselor. Every effort is made to respond to an individual?s needs.

Learn more about what makes Alter Wellness Care a top choice for outpatient mental health treatment in

California by calling 866-520-2943 or visiting its website.

###

For more information about Alter Wellness Care, contact the company here:Alter Wellness Care(866) 859-652031642 Coast Hwy #102, Laguna Beach, CA 92651

Alter Wellness Care

OUTPATIENT MENTAL HEALTH PROGRAM. WORLD-CLASS MENTAL HEALTH TREATMENT IN LAGUNA BEACH CALIFORNIA

Website: https://alterwellnesscare.com/

Phone: (866) 859-6520